



Milestones and Measurements *Personal and Social Development*

Nearly one-third of all Virginia children aren't fully ready for kindergarten. Is your child ready?

Schools look for certain skills and abilities in children to be ready for school. There are many things to look for in 4 key categories of development:

- Language and Literacy
- Math and Science
- Personal and Social Development
- Physical and Motor Development

This checklist provides a list of important milestones. If your child is not progressing, as you think he should, try the learning activities. They are designed to encourage development through various stages. If you are concerned about your child's development, please consult with your health care provider or other medical professional for further diagnosis and recommendations.

Can Your Child	Learning Activity
Express wants and needs using words rather than actions	Seek and accept help when needed
Seek and accept help when needed	<i>Example:</i> Say, "How can I help you?" Show child that adults are consistently responsive and helpful. Show them that being helpful is enjoyable.
Adjust to new environments and experiences	Prepare child for change. <i>Example:</i> In advance, read books about going to Kindergarten, to a doctor, or making new friends. Role-play with puppets and discuss what will happen. If possible, visit the new setting and begin to form relationships before leaving a child in a new environment.
Take responsibility for personal items and materials at home, school and other places	Give a child special places for storing things. Label the spaces with pictures and words to indicate where items are supposed to be returned. Praise the child for keeping up with their things and for returning them to their "places."



Can Your Child	Learning Activity
Follow rules and routines	Create a picture calendar showing the sequence of your child's day. Example: Write down the routine for getting ready to leave home in the morning. Check off what he/she has completed and point to the next activity. Have a few simple rules, positively stated such as, "We put things back when we are finished with them." Remember to notice and express appreciation when the child remembers the rules.
Know first and last name	Tell the child that his/her formal name is ... even though the child may be called by a nickname or special name. Example: Have a puppet say, "My name is ..." and ask the child, "What is your name?" Encourage the child to answer using first and last name.
Take care of toileting needs and wash hands	Show the child how to use toilet tissue to clean after toileting. Sing a short song such as Row, Row, Row Your Boat as hands are scrubbed with soap and running water. Afterwards, play a hand-smelling game to enjoy the soapy smell and ensure that the hand-washing habit is firmly established.
Know street address	Tell the child that his/her home has a number and street has a name. Use the puppet to ask for the house number and name. Do this periodically and eventually the child will respond correctly.